OMRON®

Instruction Manual

I. WHAT IS A BASAL TEMPERATURE?

A basal temperature is the normal body temperature of a healthy person at rest. More precisely, it is the body temperature measured under so called basal conditions, uninfluenced by food, drink or activity. For optimum accuracy, your basal temperature should be taken at the same time every morning upon waking. Changes in basal temperature are related to changes in the female reproductive cycle. By taking your basal temperature daily and charting it, you can notice slight changes and patterns. Charting of your basal temperature, in addition to other information, can help you understand your menstrual cycle and ovulation. Recording and interpreting basal temperature changes is called the

"Basal Temperature Method" (BBT).

The Basal Temperature Method can be used to help in family planning. Charting of temperature and prediction of ovulation can be used to time sexual intercourse during fertile days to aid in increasing the likelihood of pregnancy.

II. CHARTING YOUR BASAL TEMPERATURE

By charting your basal temperature daily, you can see a pattern and notice the changes that occur in every ovulation cycle. You can record your daily basal temperature on the enclosed charts. Keeping a charted record for at least three months will usually provide the information you need to determine your approximate day of ovulation during a regular menstrual cycle. Keep both the Omron® Basal Thermometer and Temperature Tracking Chart at your bedside for your convenience.

III. HOW TO TAKE ACCURATE BASAL TEMPERATURES

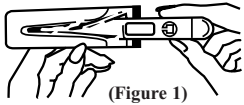
To obtain an accurate basal temperature, you must take your temperature when you first awake in the morning. For best results, this waking temperature should be taken at the same time each morning. Since any activity may tend to raise your temperature, do not get out of bed until you have taken your basal temperature. Postpone going to the bathroom, eating, smoking or drinking until after taking your basal temperature. Cold drinks lower mouth temperature; hot drinks, smoking and exercise cause higher readings. Using an electric blanket or heating pad can affect your basal temperature. If you use one, it should be kept at the same setting each night throughout the time you are taking your basal temperature.

SHOULD I USE THE ORAL, VAGINAL OR RECTAL METHOD?

Since temperatures taken at different sites can vary, it is important to select one method and then take your temperature the same way everyday. You must use either the oral, vaginal or rectal method. Using more than one method will provide inaccurate results,

IV. TAKING YOUR BASAL TEMPERATURE

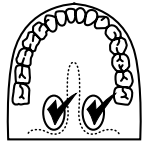
Select oral, vaginal or rectal as your measurement based on professional recommendation.



(Figure 1)

ORAL METHOD

- ❑ Place a probe cover carefully over the tip, (figure 1).
- ❑ Push the on/off button located beside the display window. Hold the button down to recall the last measured temperature. The thermometer will beep and the display will read: "188.8 °F AM ▽" This is a function check indicating the unit is working properly. Next, the thermometer will read L°F.
- ❑ The °F symbol will flash continuously when the unit is ready to measure temperature. Please note that the "▽" indicates a low battery. See instructions for replacing the battery before measuring temperature. Do not expect an accurate temperature reading if this low battery indicator is present. An "ERR" message in the window indicates your unit is not functioning properly.
- ❑ Do not drink hot or cold fluids, exercise, smoke, or perform other activities that will raise or lower temperature readings when compared to your normal, average temperature. The mouth should remain closed up to 5 minutes before attempting a reading.
- ❑ Place the sensor tip well under the tongue as indicated by the "✔" (figure 2).
- ❑ The peak temperature should be reached in approximately 60 seconds. Opening the mouth or improper placement of the probe tip could result in a longer time for a reading.



(Figure 2)

- ❑ When the peak temperature is reached, the °F symbol will stop flashing, and the thermometer will beep repeatedly.

  Please note: It is not necessary to hear the beep to ensure the peak temperature has been reached. When the °F symbol stops flashing and the display reads a consistent temperature, the peak temperature has been reached.
- ❑ Read and record the temperature and time for reference. The reading will automatically be stored in the memory.
- ❑ Push the on/off button to turn the unit off. If you do not turn the unit off, it will shut off automatically in approximately 10 minutes.

RECTAL METHOD

Lubricate the tip of the thermometer with a water soluble jelly. Lie on your side with knees slightly bent. With one hand, gently slide the tip of the thermometer no more than 1/2 inch into the rectum. Once used rectally, the thermometer should not be used orally for sanitary reasons.

VAGINAL METHOD

Please seek guidance from your health care professional.

V. RECORDING BASAL TEMPERATURE

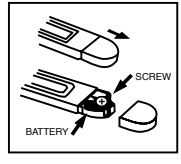
Please refer to the sample recording and blank temperature tracking charts enclosed. Prepare your chart following the example. Day 1 for each cycle is the first day of menstruation (your "Period"). Above the pre-printed days of the cycle enter corresponding calender dates. During your menstrual flow, it is not necessary to record temperature (unless you have short cycles). Instead, mark an X in each space provided to indicate the number of days your period lasts. Begin recording your basal temperature the first morning following the end of menstruation. For each daily temperature, trace down the column below the cycle day until it intersects with your recorded temperature. Place a dot at the intersection. The number on the chart represents tenths of a degree. A notation should be made for any rise in temperature due to illness, emotional stress, or sleeplessness. Intercourse can be indicated by placing a circle around the dot of the appropriate day. Chart your readings for at least three months in order to be sure that you have determined your approximate time of ovulation during any regular menstrual cycle. Careful temperature recording will help establish your particular pattern. Completed charts should be presented to your physician or family planning counselor, who will assist you in accurately interpreting your results.

VI. CARING FOR YOUR BASAL THERMOMETER

Wash the tip of the thermometer with warm (not hot) soapy water before and after each use. Or, wipe the area with isopropyl alcohol before and after each use. To ensure optimum hygiene use a "Digital Probe Cover" every time a temperature is taken.

CHANGING THE BATTERY

When the "▽" appears in the lower right of the display, the battery is exhausted and needs replacing. Make sure a battery of the same type is on hand and proceed as follows: Remove battery compartment lid. Use a small Phillips screwdriver to remove battery. Insert new equivalent battery type (1.55v, LR41 or SR41). Ensure battery is correctly positioned with the "+" facing up or towards the back of the unit. Carefully replace the battery compartment lid. Ensure "O" Ring (washer) is in place to maintain water resistance. Properly dispose of the batteries according to local regulations, keeping them from small children and heat.



WARNING: KEEP BATTERY OUT OF CHILD'S REACH. SWALLOWING BATTERY COULD BE HARMFUL. BATTERY SHOULD NOT BE CHARGED OR PLACED INTO EXTREME HEAT AS IT MAY EXPLODE.

VII. IMPORTANT INFORMATION TO HELP YOU UNDERSTAND THE BASAL TEMPERATURE METHOD

Progesterone increases energy production, causing a slight rise in body temperature. This is considered a thermogenic effect and can be used to indicate ovulation for women who want to know when and if ovulation occurs. An increase of progesterone causes the body temperature to increase about 1.0°F (0.6°C). Learning to record and interpret basal temperature changes is known as the Basal Temperature Method. By monitoring the basal temperature changes, couples, in conjunction with their physician or family planning counselor, may be able to determine when ovulation takes place. Monitoring other symptoms, such as cervical mucus changes, can assist in determining the fertile days prior to ovulation. When temperature changes are used in conjunction with other fertility symptoms, such as the cervical mucus, this is known as the Sympto-Thermal Method.

Determination of ovulation can be used to time sexual intercourse during fertile days to aid in the likelihood of achieving pregnancy. The basal temperature change used in conjunction with other methods, can be used to help determine times for avoidance of sexual intercourse to avoid pregnancy.

Please note, use of the Basal Temperature Method ONLY may not be effective in avoiding pregnancy.

VIII. THE FEMALE REPRODUCTIVE CYCLE

In order to understand the Basal Temperature Method it is helpful to review the basics of human female reproductive activity.

A. THE ROLE HORMONES PLAY IN OVULATION

At the beginning of each menstrual cycle, the pituitary gland secretes a hormone (FSH or Follicle Stimulating Hormone), that acts upon the ovaries to prepare for ovulation. As one or more follicles in an ovary prepare for ovulation, they secrete another hormone called estrogen, that prepares the uterus for pregnancy by causing the inner lining of the uterus to thicken. Estrogen also causes some glands in the cervix to secrete a mucus discharge that is necessary for fertility. This mucus changes the environment in the vagina to make it more favorable to sperm life and provides a medium in which the sperm move upward into the uterus. The mucus typically starts as a sticky substance. During the time of fertility, it becomes more liquid and plentiful usually attaining a consistency very similar to raw egg whites. Sometimes the mucus becomes so watery that it will no longer stretch like raw egg whites, but continues to produce sensations of lubrication or wetness at the outer lips of the vagina.

B. WHAT IS OVULATION?

At ovulation, the ovarian follicle releases an egg which is picked up by one of the Fallopian tubes and transported toward the uterus. In order for pregnancy to occur, the egg must be fertilized in the fallopian tube by sperm within 24 hours after ovulation. After 24 hours the egg disintegrates and cannot be fertilized.

C. AFTER OVULATION?

After ovulation, the ovarian follicle that released the egg secretes another hormone called progesterone. This hormone suppresses further ovulation. The progesterone continues to build the vaginal lining and maintains it after ovulation. It also causes the basal temperature to rise and the cervical mucus to thicken so much that it appears to dry up. Ovarian progesterone secretion continues for approximately 14 days. When it stops, the inner lining of the uterus can no longer be maintained, so it is discharged in a process called menstruation (your period), and the menstrual cycle starts again.

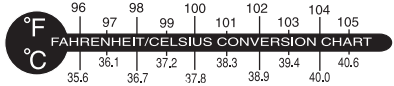
D. HOW TO DETERMINE THE DATE OF OVULATION?

By carefully taking basal temperatures upon waking and recording them on a chart, the characteristic rise in temperature can be observed. A temperature dip towards the end of the mucous pattern sometimes indicates the day of ovulation, also, the first day the temperature rises could indicate ovulation. The purpose of the chart is to help you plan future intercourses and assist you in observing your unique fertility pattern. The OMRON® Basal Digital Thermometer makes it easy to read and record the slight temperature variations which occur when ovulation has taken place. The OMRON® Basal Digital Thermometer may be used as an oral, rectal or vaginal thermometer. Since body temperature will vary with each site you should choose one method and stick with it.

E. TEMPERATURE RANGES (ORAL) BEFORE AND AFTER OVULATION

Your basal temperature before ovulation is usually in the range of 96.5°F to 98°F, (35.8°C to 36.7°C). The most frequent range is between 97.4°F to 97.7°F (36.3°C to 36.5°C). After ovulation the basal temperature rises about 1.0°F (0.6°C) and stays in that higher range until the beginning of the next menstrual period. The highest probability of conception is during the days immediately prior to ovulation as well as on the day of ovulation itself.

Refer to the chart below for Fahrenheit/Celsius conversions.



°F	95.0	95.5	96.0	96.5	97.0	97.5	98.0	98.5	98.6	99.0	99.5	100
°C	35.0	35.3	35.6	35.8	36.1	36.4	36.7	36.9	37.0	37.2	37.5	37.8

F. OTHER IMPORTANT INFORMATION

Remember that the thermometer is designed only to help determine when ovulation has occurred. Notation of any changes, in addition to your temperature pattern, will assist your physician or counselor in providing you with proper guidance. It is commonly suggested that couples who have had difficulty in achieving pregnancy should not have intercourse more than once a day nor on consecutive days, in order to maintain satisfactory quantities of sperm. The most fertile time continues up through the first day of drying up of the mucus or the first day of temperature elevation, whichever comes later.

The temperature record should be maintained on a daily basis. If pregnancy is achieved, the basal temperature will remain elevated for several months. A temperature pattern that remains elevated for 21 days (a week or more than the usual elevated pattern) is a good indicator that pregnancy has been achieved. If you do not become pregnant after six months, see your doctor**. If you believe you are pregnant, see your doctor immediately.**

IX. AVOIDING PREGNANCY WITH NATURAL FAMILY PLANNING

In natural family planning, there are several ways of determining the end of pre-ovulation fertility and the beginning of post-ovulation infertility. Professionals teaching natural family planning claim most unplanned pregnancies occur during pre-ovulation infertility. This brochure does not include guidelines for natural family planning, since it is beyond the scope of this publication.Your basal thermometer only helps you determine when ovulation has occurred. Calculating infertile periods involves other bodily signs in addition to temperature change and requires professional guidance when avoidance of pregnancy is your objective.

X. ACCURACY

Measurement Range: 90.0°F to 109.9°F / 32.2°C to 43.2°C

Measurement Accuracy: 0.2°F / 1.1°C between 96.0°F to 106.0°F / 35.6°C to 41.1°C, accurate to ± 0.4°F (0.2°C) at less than 96°F and greater than 106°F.

Waterproof Function: Manufactured to meet European Standard Pr EN12470-3.

XI. TO RECALL THE LAST TEMPERATURE

1. Press and hold the power button while turning on the unit. The last measured temperature will be shown in the display with the letter “M” shown under the degree sign in approximately 3 seconds.
2. Release the power button. The thermometer will be in “ready-to-measure” mode and the recalled temperature will be erased.

Note: If the device is switched off before completion of temperature taking, L°F will appear in memory the next time the unit is used.

THIS PRODUCT IS NOT FOR CONTRACEPTIVE USE

XII. CAUTION

The effectiveness of the methods outlined for seeking and avoiding pregnancy depend on factors such as a woman's individual reactions, the accuracy with which daily temperatures and other symptoms are recorded, and the absence of outside factors which may affect body temperature. *Consequently, no representation of any kind can be made by the distributor as to the reliability of the results obtained in any individual case, and the patient is urged to consult with and be guided by the advice of her physician or counselor in the use of the OMRON® Basal Digital Thermometer.*

LIFETIME GUARANTEE CERTIFICATE

Omron Healthcare Inc. is dedicated to assuring product quality. As long as the instructions in this booklet are followed, your Omron® Digital Thermometer should last for many years. In the event your Omron® Digital Thermometer fails to operate due to manufacturing, materials or workmanship related defects, Omron will provide you with a replacement for as long as you own the thermometer.
The replacement guarantee does not include normal battery replacement and malfunction due to abuse or improper operation.
Before sending your thermometer back to Omron, please check the battery, this is usually the source of the trouble.

Distributed by:
OMRON HEALTHCARE, INC.
300 Lakeview Parkway
Vernon Hills, Illinois 60061
www.omronhealthcare.com

For Customer Service Call Toll Free:
1-800-634-4350

Made in China
MC-301 Rev A

EXAMPLE OF COMPLETED BASAL TEMPERATURE CHART (with temperature readings connected to make a graph)

RECORD THESE OBSERVATIONS & SITUATIONS DAILY:

MUCUS:

dry	liquid	clear
moist	slippery	opaque
wet	spinn	yellow
sticky	thick	scant
tacky	lubricative	abundant
spotting		

OTHER OBSERVATIONS:

cervix changes	breast changes
abdominal pain	mood changes
sickdays	

SITUATIONS THAT CAN ALTER TEMPERATURE:

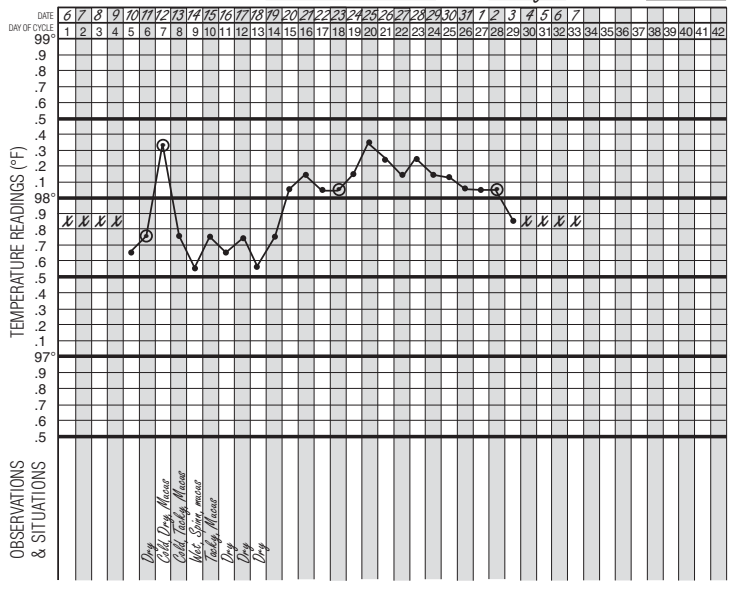
soar throat	vomiting	activity
cold, flu	diarrhea	traveling
fever	anxiety	toothache
sunburn	medications	alcohol
elec. blanket	sleep disturbances	

x = YOUR PERIOD
• = DAILY TEMPERATURE READING
⊙ = INTERCOURSE

OMRON®

NAME: Jane Smith

PREVIOUS CYCLES: LONGEST 35
SHORTEST 28
MONTH May
THIS CYCLE 29



OMRON®

PREVIOUS CYCLES: LONGEST _____
SHORTEST _____
THIS CYCLE _____

NAME: _____ MONTH _____

RECORD THESE OBSERVATIONS & SITUATIONS DAILY:

MUCUS:

dry	liquid	clear
moist	slippery	opaque
wet	spinn	yellow
sticky	thick	scant
tacky	lubricative	abundant
spotting		

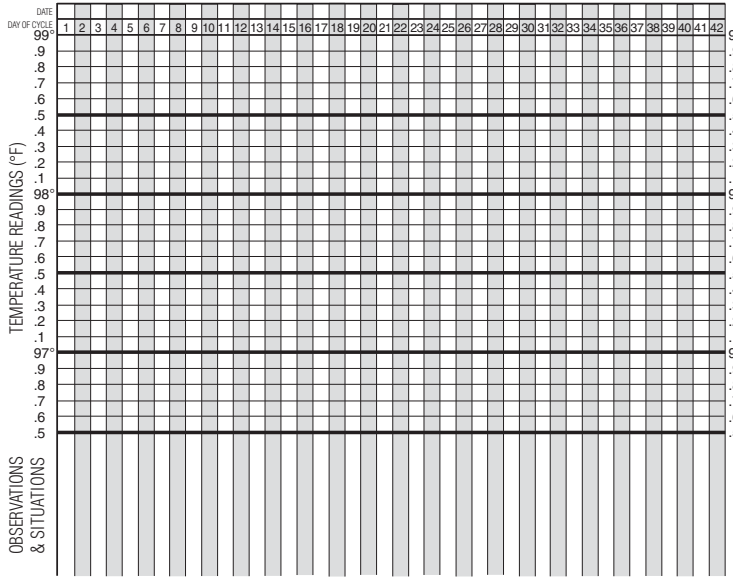
OTHER OBSERVATIONS:

cervix changes	breast changes
abdominal pain	mood changes
sickdays	

SITUATIONS THAT CAN ALTER TEMPERATURE:

soar throat	vomiting	activity
cold, flu	diarrhea	traveling
fever	anxiety	toothache
sunburn	medications	alcohol
elec. blanket	sleep disturbances	

x = YOUR PERIOD
• = DAILY TEMPERATURE READING
⊙ = INTERCOURSE



PLEASE ENLARGE GRAPH 175% FOR BETTER VIEWING.